

Muscle, metabolism and hormones: why strength protects health

Muscle is a reserve organ that helps control blood sugar, supports bones and mobility, and carries you through illness and recovery. Resistance training and adequate, tailored nutrition are the foundation; hormones can influence muscle but cannot replace that work.

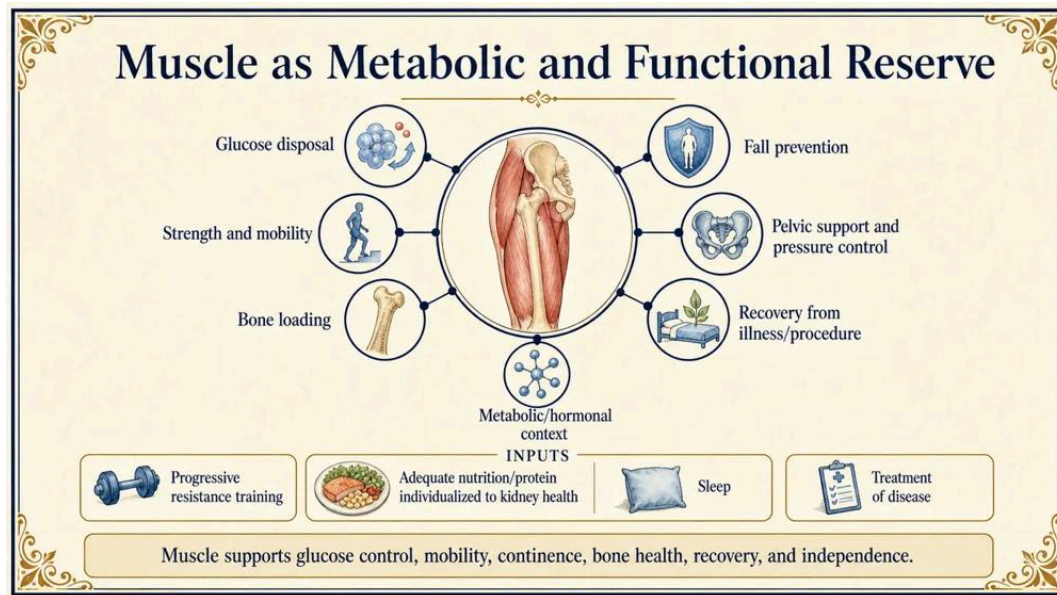


Figure 38.1. Muscle as Metabolic and Functional Reserve. Muscle supports glucose control, mobility, continence, bone health, recovery, and independence.

Key points

- Sarcopenia can progress quietly, and stable weight can hide muscle loss.
- Low strength is an important warning sign; function often reveals reserve better than a scan.
- Resistance training is the primary stimulus for maintaining strength.
- Protein needs are individual, especially with chronic kidney disease.
- Testosterone may help truly deficient men, but it is not a substitute for training or a treatment for normal aging.
- Reserve built in advance helps you recover from infection, cancer treatment, obstruction or surgery.

Questions to ask your urologist

- Why might my strength or physical reserve be declining?
- Could sleep, nutrition, an illness, a medication or a hormone problem be contributing?
- How much protein is appropriate for me, given my kidney function?
- Would testosterone be appropriate for me, or would it be treating normal aging?
- Which simple strength or function measures should we repeat to judge my progress?